

# Wednesday's Wisdom

August 22, 2012



In this issue of the Wednesday's Wisdom we are featuring answers to the questions of participants at the 2012 School Food Service Professional Development Conference. Thank you again to those who attended this very successful event. Your questions help everyone to better understand the new Healthy Hunger Free Kids Act regulations. Have a good school opening!

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**Q: Do breakfast menu standards stay the same for this school year?**

A: Many of the school breakfast meal pattern changes occur during the SY's 2012-2013 and 2014-2015; please refer to the IMPLEMENTATION TIMELINE in your conference folder (This information was also emailed out to FSD's as an email blast in the past [it is also attached]). For SY 2012-2013 there is no change in the grain requirements for breakfast (phased in implementation of whole grain-rich in 2013-2014 and 2014-2015); milk component: offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk; two choices of milk must be available for students to select from; does not alter nutrition standards for milk substitutes (e.g.) soy beverages and students may decline the milk component under Offer Versus Serve (OVS). Dietary specifications: saturated fat limit (no change). Fruit is a single component, a daily serving must be offered at breakfast; vegetables may be offered in place of fruits at breakfast only.

**Please note:** Mary Jo McLarney's (USDA presenter) Power Point presentation, "A Call to Action", was sent out to all FSD in an email. The Power Point has been posted to our bureau website at: [http://education.nh.gov/program/nutrition/school\\_lunch.htm](http://education.nh.gov/program/nutrition/school_lunch.htm)

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**Q: Why do we NOT have the Fresh Fruit and Vegetable Program (FFVP) for Middle and High School students?**

A: USDA has limited the availability for FFVP to elementary schools only, hoping that by including fresh fruits and vegetables at an early age will help influence young eaters to eating more fresh fruits and vegetables as they get older. At this time, only those middle schools that include 5<sup>th</sup> grade can be offered FFVP.

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**Q: Would like to see the Fresh Fruit and Vegetable Program (FFVP) at the High School level; will this be coming?**

A: At this time, the State agency has no knowledge of the FFVP expanding to the High School level.

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**Q: What should we be charging (\$\$\$) at Elementary/High Schools?**

A: This will depend on what the Paid Lunch Equity (PLE) calculation tool says after completing the formulation. There is a direct link to the PLE tool found on the Bureau's website <http://www.education.nh.gov/program/nutrition/index.htm>. Click on Child Nutrition Programs, National School Lunch Program; Paid Lunch Equity (PLE) Instructions and Paid Lunch Equity (PLE) Pricing Tool.

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**Q: Is there a max on starchy vegetables?**

A: Interesting question. The answer is actually, yes; there is a limit as to how many Starchy vegetables can be offered on the menu weekly, read on. The requirement for the Starchy vegetable subgroup is ½ cup weekly for all grade levels. The Other vegetable subgroup excludes the selection of the Starchy vegetable subgroup but includes dark green, red/orange, bean/peas (legumes) vegetable subgroups; however, the Additional vegetables to reach totals allow any of the vegetable subgroups to be selected, including the Starchy vegetable subgroup. Please refer to the packet of information in your conference folders for more information on the vegetable subgroups. This information was sent out as an email blast to FSD's not in attendance at the August 8, 2012 NSLP Conference; it is also attached to this WW.

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**Q: Mentioned that we don't have to offer W/G (whole grain) each day BUT the chart shows a minimum of 1oz. daily. Please clarify!!**

A: A grain serving must meet the portion size requirement for the grain/bread component – 1 oz. equivalent (containing 14.75 g of credible grain in 2012-2013 and 16 g in 2013-2014; see Exhibit A in the Food Buying Guide). For lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014 (SY 2014-2015) all grains must meet the whole grain-rich criteria for lunch and breakfast.. **For more information on changes with the whole grain requirements, please refer to**

**<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP30-2012os.pdf>**

**Q: We serve fries daily as a la carte and as part of a reimbursable meal. Can this take place a few days a week or do they have to be discontinued?**

A: Please refer to the answer above in reference to the frequency of offering Starchy vegetables subgroups.

**Q: Clarification on alternative lunches with regards to requirements of specific veggies, ie, leafy green, legumes etc.**

A: If the question is in reference to meal charging and alternate meals, an alternative lunch cannot be claimed for reimbursement unless all new meal pattern requirements are met. If this question is in regards to alternate food lines to the main menu meal, all vegetable subgroups must be available to all students on any food line.

**Q: How do we handle a cafeteria that serves both 6-8 and 9-12 with one pricing structure and parents working in kitchen?**

A: Each age/grade group must be served the appropriate amount per food component, no matter what is charged or who is working in the kitchen.

**Q: Will we have to use nutrient analysis software and if so, which ones?**

A: There are several approved USDA nutrient analysis software that can be used; the State agency does not endorse one over another. The listing of approved software can be found on:

<http://healthymeals.nal.usda.gov/menu-planning/software-approved-usda-administrative-reviews/list-approved-software-nsmpsi>

## **Direct Certification List**

**Q. Why does the Direct Certification (DC) list appear blank when I try to download the information for the new school year?**

A. As a reminder, SAUs do not submit the Beginning of Year (BOY) enrollment information to the Department of Education until October 15th of each year. Because of this, the new DC information for any given school year is not released until October 15th. Please use the End of Year (EOY) data from the DC list until the new school year data, based on the BOY enrollment information, for DC is released.

As a reminder, students keep their eligibility status for 30 operating days (beginning with the first day of school) into the current school year.